

BODY BLAST

HOME WORKOUT *with India Paulino* 2013 BIKINI INTERNATIONAL CHAMPION

Move quickly and do not rest between the exercises.
 If rest is needed, do so in 30-second intervals.

EXERCISE	SETS	REPS
WIDE PUSH-UPS	4	15
<i>SUPERSET WITH</i> PLANKS	4	30-SEC HOLD
DUMBBELL SHOULDER PRESSES	4	15
<i>SUPERSET WITH</i> WIDE-SQUAT HIGH JUMPS	4	20-25
NARROW/TRICEPS PUSH-UPS	4	15
<i>SUPERSET WITH</i> MOUNTAIN CLIMBERS	4	50 (EACH LEG)
BICEPS CURLS	4	15
<i>SUPERSET WITH</i> SWITCH LUNGES	4	15 (EACH LEG)
ONE-ARM ROWS	4	15
<i>SUPERSET WITH</i> STANDING GLUTE KICKBACKS	4	30 (EACH LEG)
STAIR (OR ANY LEDGE) CALF RAISES	4	30
HIGH KNEES (RUN IN PLACE)	4	60-SEC RUN
SUPERMANS	4	15
<i>SUPERSET WITH</i> LEG RAISES	4	15